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Contents.

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Channel Swims
Club-Swinging
By PROFESSOR TOM BURROWS.
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Physical Deterioration
Our Physical Culture Competition
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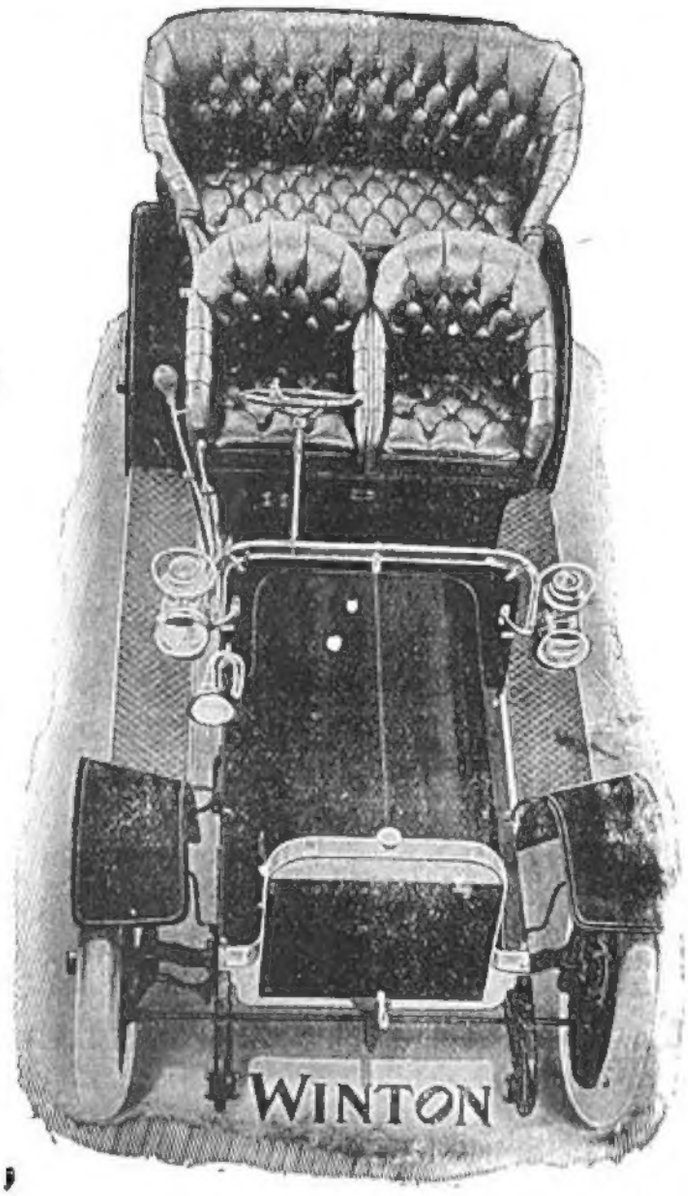

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Contents.

PHYSICAL CULTURE.—MUSCULAR CONSTRUCTION. By Eugen Sandow... 141
CHANNEL SWIMS—BURGESS'S FINE EFFORT 143
CLUB SWINGING. By Professor Tom Burrows 146
A FENCING DISPLAY... 148
PHYSICAL DETERIORATION 150
OUR PHYSICAL CULTURE COMPETITION 154
AMERICANS AND FRESH AIR 156
SPORTING NOTES 158
NOTES OF THE WEEK 160
FOOD AND PHYSIQUE 162
HINTS FROM SANDOW 164
SANDOW'S MAGAZINE PHYSICAL CULTURE COMPETITION 165
OUR LADIES' PAGES 166

EDITOR'S AND PUBLISHER'S NOTES.

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Vol. XV. (New Series). AUGUST 10TH, 1905. No. 110.

Physical Culture.—Muscular Construction.

By EUGEN SANDOW.

DURING the past few weeks I have devoted the space at my command to a dissertation on the internal organs contained in that portion of the body known as the torso, and have endeavoured to show to the best of my ability, how much they in common with the muscular portion of the body are improved by systematic exercise. Now just as much as the improvement of the one must result in the improvement of the other, it is a fact that the one cannot be accomplished without the other, and in order to achieve success it is most essential that the budding pupil should be thoroughly acquainted with the muscular construction of the body, and a most interesting study it will be found—not from books, but from a living specimen—yourself. You will find no finer teacher than yourself, aided by a mirror, and there will be no greater pleasure than to be able to place in bold relief those great external muscles which, when properly developed, go to form that ideal which should be the aim of everyone to attain. And it can be done—by systematic exercise. Not, you understand, that exercise which may be likened to the swinging of a pendulum or the beat of an engine shaft. The movement of every muscle must be accompanied by strong mental concentration, and if this be done development is sure to follow. It is the mind which makes the muscle; the fact of going through a mere swinging movement can never produce a satisfactory development. Nor is it mere weight of

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the dumb-bells that has any bearing on the result, but rather the mental weight put into the work. Yet another thing the student must remember, and that is if an equal and general development be desired, it is necessary, first of all, to be thoroughly acquainted with the whole of the muscles of the body and their location, so that you may be able to tell at a glance where development is lacking, and set about improving that particular region. But even that must not be done at the expense of the remainder. All the muscles must receive proper and regular attention, but those which fail to reach the proper standard must have a little more time devoted to them until the deficiency is eradicated.

Until recently this what, for a better term, I may call "specialising" of muscles, was a very common failing with the young student of Physical Culture. And not in the youth only, for even now you will find, if you glance through the photographs of those aspiring to a development above the ordinary, that in the majority of cases a man's first thought is of his biceps and triceps. This has been brought to my notice very forcibly during the past few months in connection with the present competition. I should say that of the photos submitted, roughly sixty per cent. of them are taken in the same position, viz., upper arms at right angles to the body, with the student's pride—his biceps—showing to the greatest advantage, in his opinion. This is not what is wanted, and it would be to me a pleasing sign of the times if pupils who submit photographs to me for my opinion, or to the judges in connection with the competition, would follow the example of the minority and get away from the stereotyped and unsatisfactory principal. When being photographed, adopt a more attractive pose, and one which will bring into prominence something more than the biceps and pectorals, or, if taken from the back, the trapeziums. These are not the only muscles one desires to see accentuated; there are many others contained in the torso, which are really far more beautiful, such as, for instance, those which, in the majority of cases, are the most neglected of all, and yet the most valuable. I mean the *rectus abdominis*. There is absolutely nothing but systematic exercise that will bring this set of muscles to perfection, and although so commonly allowed to remain in a state of laxity or inactivity, they are capable of taking on enormous strength and development, adding not only to the bodily power, but also to the beauty of the torso. Those three tendinous markings across the abdominal region are seen nowhere in greater perfection than in the noble sculpture of ancient Greece, and you may take it for granted when, for the first time you stand before your mirror, and see those abdominal muscles showing faintly under the generous but useless fatty covering with which your idleness and inactivity have clothed them, you have made a distinct advance in your physical education. The *rectus abdominis*, together with the external oblique, are the only abdominal muscles which show externally, and these, woman, by the absurd compression caused by wearing corsets, is apparently so anxious to eliminate. The external oblique is that muscle which lies on either side of the *rectus*, running upwards and outwards to interdigitate with the *serratus magnus*. These and the muscles underlying them I call the Greek muscles, from the fact that they are nowhere seen in such perfection as in the statues of ancient Greece. One of the first points which must strike even the untutored observer of early Greek sculpture is the bulging prominence above the iliac crest, which marks the full development of the lateral abdominal muscles. And you may take it for granted that so long as this marking of the abdominal wall is present, the body is never gross, and that you are on a fair way towards the achievement of the ideal.

Eugen Sandow

Channel Swims.

MORE FAILURES.

BURGESS'S FINE EFFORT.

* * *

DURING the past few years many have been the attempts to emulate the late Captain Webb's great feat of swimming across the English Channel, but so far all have failed, although exasperating luck has attended some, notably Holbein and Burgess, both of whom have had to relinquish their efforts just when the goal was all but won.

This year already several attempts have been made without success, the nearest approach being again by Thomas Burgess, who essayed the task on July 28th last.

At seven o'clock in the morning the London tug *Guiana* proceeded to Lyddon Spout, three miles west of Dover, and as the tug left, the cheers which were aroused were ample testimony to the popularity of Burgess.

As soon as the Guiana left the harbour, the swimmer was well besmeared all over with a greasy substance, and at 7.45, with the tug waiting well out to sea, he waded into the water, and went off at a great pace.

More like a machine than a human being, he fought the waters, and his twenty-nine strokes a minute, which seemed to cause him no fatigue whatever, carried him at a tremendous pace towards the waiting tug.

He wore a skull cap, with a mask and goggles to prevent his eyes from the sun and the wash of the seas. The weather was bright and clear—in fact, it was all that could be desired; and there was a light, favourable north-north-east breeze.

When he reached the tug, twenty-five minutes after entering the water, the Yorkshire-Parisien asked for food, and he was handed a leg of a chicken which he ate in a fashion which some people on shore might envy.

Burgess is a great feeder in the water. He takes nourishment every hour, his diet principally consisting of chicken, grapes and chocolate. In this respect he is entirely different from most Channel swimmers, who usually subsist on liquid food.

After swimming for an hour and a half Burgess slackened his pace, and proceeded with clocklike regularity to swim at twenty-seven strokes to the minute. He swam under the lee of the tug, using the side stroke all the while, and was attended to and fed from a small boat in charge of an experienced pilot.

Burgess is a merry-hearted swimmer. He ploughs his way along in the most determined fashion, at the same time joking with those on the accompanying tug. His method of swimming, by which his face is always well above the water, is all in his favour.

At eleven o'clock Burgess asked how far he had gone, and was informed that he was five and a-half miles from the English shore, and that he was in a direct line with the Admiralty Pier at Dover, in spite of the strong tides which prevailed.

At one o'clock the swimmer, who had only once changed his stroke, was halfway across the Channel, and was still swimming powerfully, and he was in the most favourable position to get the best advantage of the current. Half-an-hour later he caught the tide which his pilot had hoped for, and as a result he was drifting safely towards Cape Grisnez.

Burgess has made a study of the tides

of the Channel for a good many years while staying at Deal and Dover, and during his swim he frequently compared notes with the captain of the tug when the cross-bearings were being taken.

The temperature of the water averaged from 65 degs. at the start to 62 degs. and 63 degs. in mid-Channel, with an occasional patch of very chilly water.

So successful, indeed, was the progress of Burgess that at 4 o'clock he was twelve miles from the English shore, or seven miles only from France, and it was confidently anticipated that he would accomplish his swim.

He caught the flood tide to the Goodwin Sands—the most critical part of the swim—and he reached East Varne lifebuoy just in time to catch the current which sets off from this point in the direction of the French shore.

When six miles from the French shore he met an adverse current, and was carried back some distance towards mid-Channel. He was still swimming well and hopefully, however, and he was only waiting for another current which would carry him nearer to the French coast.

This was precisely what happened, the new current assisting the swimmer to get within three miles of Calais, and as he was still going well, everybody on board the tug became excited at the prospect of him accomplishing the feat.

Another adverse tide near the coast, however, proved too much for the swimmer, who, when he had drifted back four miles from the coast began to feel the effects of the struggle.

His leg became affected, and acting on the advice of his friends, he swam to the side of the small boat, and was lifted out of the water.

His performance is regarded as one of the finest that has ever taken place in the history of cross-Channel swims.

In an interview later, Burgess said:—

"I shall try to swim the Channel again whenever my leg is better.

"I ought to have left the water six hours after I entered it, but there seemed just a chance of pulling through.

"When I started from Danger Rock, Dover, at three minutes to eight, I swam with my favourite side-stroke, which is practically the racing stroke of the ordinary swimmer, and I do not take my arm out of the water.

"I made good progress, swimming twenty-eight strokes to the minute. At first I was troubled with indigestion, but this worked off.

"After I had been in the water two hours I realised that I should have to race to catch the tide at the Varne, and I swam for all I was worth.

"Mr. Jones, the Dover champion, entered the water to make the pace for me, but after half an hour he had to give it up.

"I was fed during my long swim every half hour by Mr. Wauchop, and I took my food well. I reached the Varne five and a-half hours after the start, having accomplished nine and a-half miles in that time.

"The water at the Varne was choppy, but that did not trouble me, and my eyes, which were so painful during my last attempt, were not in the least painful on this occasion.

"In my race for the Varne the back tendon of my right leg gave way, and for the last six hours of my swim I used only one leg.

"I had sufficient knowledge of navigation to be able to take a reckoning, and my friends in the boat held the chart over the side of the boat so that I could see.

'Towards the end they marked the chart at the various points in order to encourage me.

"I thought of practically everything during my swim, and was cheerful all the time. We passed two Folkestone steamers, and although I did not see them, I was told that they signalled.

"A torpedo boat destroyer also came near us. Eventually I gave up, twelve hours and thirty-eight minutes after the start. I was one degree colder than my normal temperature when I came out.

"The water was at 63 the whole time, with the exception of two cold patches which I encountered about two hours out.

"These cold patches are occasioned by the bottom stream working through.

"When I left the water I was nine

and a-half miles from Cape Grisnez, and the nearest land was Boulogne, eight miles away.

"But it would have been impossible to land on the beach, because the tide was already beginning to flow outwards.

"I swam altogether, including drifting, twenty-eight miles.

"The only training I did was to take a few long swims during the previous three weeks. The longest was six hours, but my work as a manufacturer of pneumatic tyres keeps me fit.

"No; neither my father nor mother are particularly fond of swimming.

"It is not very interesting, but I am thirty-three years old, fifteen stone in weight, and 6 ft. in height. I wore an india-rubber cap and pieces of mica over my eyes."

Mr. Gabriel Lafargue, the Frenchman who for some weeks had been in training at Dover, made an attempt to swim the Channel on July 30th, but, owing to bad weather and a rough sea, he had to abandon the attempt after being in the water four hours. He was then four miles from England.

Lafargue, whose record is a twelve miles swim in the Bay of Biscay, plunged into the water from the Admiralty Pier at Dover at half-past eight in the morning.

The weather at the start was anything but promising. A strong westerly wind was gradually increasing into a gale, and the sea was becoming very rough and choppy.

The swimmer was accompanied by the Calais steam trawler *Actif*, with many friends on board.

The flood tide drifted the swimmer rapidly eastward, but Lafargue swam very strongly. He used the breast stroke almost entirely, and for the first hour or so he maintained an average of thirty-five strokes to the minute. When he had cleared the rapid tideway which was rushing across Dover Bay, he eased down to a regular pace of thirty strokes.

He made about a mile on his course each hour, but the drift was tremendous. Off the South Foreland the wind had increased almost to a gale force, and there were violent cross-seas.

The swimmer had a very rough time, and the only way he could get anything to eat was by throwing small sandwiches wrapped in paper from the trawler into the sea for him to pick up.

The drift was towards the Goodwin Sands, and on several occasions Lafargue was carried on the top of the large rolling waves, and thence down a regular waterchute, his feet and legs coming out of the water.

The trawler also shipped great quantities of water, and narrowly escaped being swamped.

At half-past twelve the swimmer was four and a half miles out in the Channel off Ramsgate. He then asked the captain what the prospects were, and being told it was an impossible task to swim across in such weather, he gave up the task, having swum and drifted twenty miles.

Lafargue states that he will try again this month.

"Come and Play."

Recently Major Barker was playing cricket at Hook, in Hampshire, and, wanting another man, he wired to Lieut. Hall, at the Barracks, Reading. The telegram was addressed simply "Hall, Barracks, Reading." It only said "Come and play," and made no mention of cricket. The message was handed to Drummer Hall, who, with a band of about twenty men, immediately travelled to Hook, where they played—but not cricket. Major Barker was so astonished when he saw the band that he dropped his bat.

Club Swinging.

By Professor TOM BURROWS.

Probably no man in the world has achieved more in Club Swinging than Professor Tom Burrows, who, time after time, has set up new figures for endurance, accomplishing in this respect some truly wonderful performances. But it is not only from the point of view of endurance that Professor Burrows has achieved so much but also as a genuine and truly artistic club swinger. Many most intricate movements are his own invention, and from the point of view of neatness of execution and variety of movements he stands unrivalled. These facts also should make any remarks that he may set out of additional value, and it is with the greatest of pleasure we are able to announce that in a week or two's time a series of articles written by Professor Burrows and edited by Mr. F. Neville Piggott will be commenced in these pages.

The method of illustrating the movements is distinctly unique, and we are safe in saying that the like has never before been attempted. Instead of showing each movement in diagram, they will be lucidly portrayed by means of cinematograph pictures taken by that eminent operator, Mr. Robt. W. Paul, of 68, High Holborn, W.C. Each movement is explained in a series of eight pictures which give the complete evolution, and thus showing distinctly the position of the clubs, hands, and body at every stage of the movement. These pictures number some three hundred, and to give our readers an idea of the excellence of these photographs, we publish herewith a selection. It will be seen that Professor Burrows does not intend confining himself to a description of ordinary or two-club swinging, but will also explain the more intricate work of manipulating three or four clubs. Albeit this latter may be looked upon as "trick-swinging" by many, it will no doubt prove acceptable for exhibition purposes.

It is Mr. Burrows' intention, providing sufficient promises are forthcoming from subscribers, to publish the

SPECIMEN OF ILLUSTRATIONS.
(Two Club Swinging.)

series of articles in book form at the popular price of 6d., and he would be pleased to receive the names and addresses of would-be subscribers as early as possible. They may be sent to the offices of the Magazine, 131, Temple Chambers, E.C.

(Three Club Swinging.)

(Four Club Swinging.)

SPECIMENS OF ILLUSTRATIONS.

A Fencing Display.

* * *

An interesting gathering took place in the grounds of Odsey House, Ashwell, Herts, the residence of Mr. Ernest Fordham, the son-in-law of Sir Walter Foster, M.P., on August 1. A chief feature was the grand salute neatly executed by Mons. Hazotte and Mr. Fred McPherson. The epée poul at the end showed the following results: Mr. Jenkinson scored off Mr. Spencer in the first trial with the foil; Mr. Charles Hancock was successful in securing the last hit against Mr. Martineau in the next encounter. A sabre display then took place, Mr. Fred McPherson winning the last hit against Mr. Jenkinson, his concluding coup being "time" cut at arm on his adversary's first feint. In the epée poul at the end Mr. McPherson was the winner, with one hit only against him, whilst Messrs. Hazotte and Jenkinson tied for second place, and Mr. Martineau and Mr. Hancock for third.

A new and practical idea was carried out on this occasion by printing at the back of the programme a few considerations applicable to the foil, sabre, and epée. In a letter to Mr. Charles Hancock, who specially wrote to Mons. Arséne Vigeant, the great authority in France, and author of some interesting works on fencing, with reference to this new departure, this French writer expressed himself as follows:—

To Mr. Charles Hancock, London.

Sir,—I have received here, in a little corner of Normandy, your very interesting letter and translation, which I fully approve both as regards matter and form. Accept my most sincere and hearty compliments.

"Arretez la phrase"—used in the Odsey House programme sent for my consideration—in regard to weapons, is a technical expression in fencing, and belongs more especially to the domain of the foil. I, therefore, prefer it to "arretez le combat," which is a term used in actual duels.

As to causing the degeneration of fencing, a notable first step has already been taken; the inevitable result of sword exercise. The time will come for putting the brake on this fatal decline. I am still doubtful about it, and regret it very much.

May St. Michael, the patron of the old style of fencing, inspire our minds and defend for us what we still have left of the only genuine fencing, and which may be made to embrace so much—the foil.

Accept, dear sir, my most distinguished sentiments,

(Signed) Arsene Vigeant.
Ancien President of Paris Academie d'Armes.
Viulettes, France, July 26.

The following are the observations referred to above:—

The foil, although not itself a fighting weapon, is that principally used by fencers, and, in fact, when "fencing" is spoken of, foil-fencing is usually meant. Hits with the point alone count, and these only upon the front of the jacket, a hit anywhere else merely stops the phrase. Various conventions, all imposed in the interests of sound swordsmanship, have to be observed, and, moreover, hits and movements must be made neatly and correctly. These limitations have the object of developing in the individual the best practical qualities of a swordsman to a degree which no amount of "natural fencing" would effect. In general, it may be said that excellence in

foil play consists not so much in obtaining hits as in correct attack and defence. All hits must be acknowledged.

The sabre, the service sword adapted to fencing-room conditions, has a cutting edge as well as a point, and hits down to the waist, including head and arms, count. Many of the rules of foil play (which is the basis of all sound swordsmanship) also apply to sabre play. The single-stick is sometimes used in place of the fencing sabre, and is a rough-and-ready substitute for all.

The epée de combat—the modern French duelling sword—is a pointed weapon having a stiff triangular blade and a cup-shaped hilt (to protect hand and forearm). Epée knows no rules or conventions; to hit without being hit is the sole concern of the combatants. Hits anywhere, and however obtained, count; simultaneous hits count against each.

7th Dragoons' Tournament.

The regimental sports of the 7th Dragoon Guards (Black Horse) took place at Canterbury on July 29th, and were attended by a brilliant company. The event was made the occasion of the issue of invitations to many old officers of the regiment, it being the desire of Lieut.-Colonel Thompson, D.S.O., and of those serving with him to acknowledge the splendid hospitality that was shown to the regiment upon its return from active service in South Africa. Among those who were able to be present was the Colonel-in-Chief of the Black Horse, Major-General Sir Henry Ewart, G.C.V.O., K.C.B., Equerry to the King. The gallant leader of the charge of Kassassin was met by an orderly officer, who handed him the "states" of the regiment, and they rode to the parade ground, escorted by two veteran sergeants of the 7th, each of whom had been through four campaigns. General Baden-Powell had at the last moment to telegraph apologies, but others who attended included Colonel Ulick de Burgh, Assistant Director of Remounts; Colonel Clarke, formerly colonel of the regiment, Colonel Danby, Major Willis, Major Phillips, and Lieutenant Dunne (old officer), besides many well-known residents in East Kent. The sports passed off very successfully. The officers' jumping contest was won, after particularly fine competition, by Lieutenant Armitage, 7th Dragoon Guards; Lieutenant Richardson, 20th Hussars, being second. The winners of the polo pony bending race were Captain Wetherby and Lieutenant Hutchinson, Sergeant Worsley was best in the heads and posts; Staff-Sergeant-Major R. R. Broadley (sword) won the sword v. lance contest; and Sergeant-Quartermaster S. Watts led in the lemon cutting and tent pegging. A notable feature was a mounted display by eight non-commissioned officers of the regiment, led by Regimental Sergeant-Major Fisher, who, timing their movements to the playing of the regimental band, went through the performance known as plaiting the maypole, and afterwards executed a set of quadrilles on horseback, the whole being carried out in a most graceful and effective manner. Some excellent gymnastics and bare-backed riding were also witnessed. Subsequently the officers entertained a numerous company to dinner, and an illuminated cycle parade and display of fireworks in the barrack square followed.

PHYSICAL DETERIORATION.

. . . Discussion in the House of Lords. . . .

WRITING on the question of physical deterioration and the recent discussion in the House of Lords, *The Western Mail*, Cardiff, says:—

"Physical Deterioration is a subject on the importance of which, from whatever standpoint it is viewed, we are all agreed. The Government admits its importance, for some time ago it appointed an inter-departmental Commission to make inquiries and to report. That Commission performed its task, but in presenting its report felt bound to admit that it was not exhaustive. This was tantamount to saying that the scope of the Commission was not comprehensive enough, and that further enquiry into the causes of the evil and the conditions under which it exists should be made. This aspect of the question was taken up by the Bishop of Ripon, and while expatiating upon the subject he took occasion to lay due emphasis upon certain ugly and unpalatable facts connected with it. Apparently, the nation deteriorates physically the more it progresses in civilisation and culture. At any rate, we have it that it is among the wealthy and educated classes the evil has become most marked. This is a serious matter. For, to say nothing of those who are born into wealth and luxury, everybody nowadays endeavours to become, if not a rich man, at least an educated man. If, however, the nation cannot become educated without sacrificing its physique, it had better be satisfied with less culture in order to possess more bone and sinew. After all, there may be a way out of the difficulty by introducing certain reforms into our educational system. Hitherto we have imparted all instruction to the rising generation within doors, just as the monks used to do in the Middle Ages. Doubtless, if we placed less importance upon book learning and introduced a little more Nature-study, the bodies as well as the minds of our children would be benefited by the change."

The Newcastle Chronicle expresses the opinion that if it does nothing else the debate in the House of Lords on the subject of physical deterioration, which arose out of the Duke of Devonshire's question, will at least serve to renew public interest and recall public attention to a subject of the greatest importance. We are not prepared to believe that the British nation is going rapidly into a decline in respect of its mental and physical capacity, but there can be no doubt that modern conditions of life, the high pressure at which work has to be performed, and the thousand and one nerve destroying influences attendant upon industrial progress, tend to lower the physical standard. It is highly desirable, therefore, that if it be possible endeavours shall be made to combat the morbid tendency of these conditions; and, difficult and elusive as the subject is, it is worth some national effort and some national sacrifice to find a satisfactory remedy. And it is because it served to emphasise once more the fact that the trend of modern life is, so far as the powers of mind and body are concerned, towards degeneration rather than improvement that the discussion of yesterday is to be welcomed. It did not, perhaps, provide any very illuminating suggestions on the question, but it was at least a reminder that the question exists, and is sufficiently serious to awaken the Upper House out of its accustomed apathy.

The Daily Graphic says:—

"The debate in the House of Lords on the alleged physical deterioration of the race ranged over a considerable area, but naturally enough led to no definite conclusion. It is doubtless true, as the Bishop of Ripon stated, that the birth-rate in this country and in the Australian Colonies is deliberately kept down, but that fact does not necessarily imply

physical deterioration. It is also true that in many of our large towns the infantile mortality is very heavy, but there is not sufficient evidence that in this respect the present generation is worse than its predecessors. Nor does the fact that the standard for the Army is lower than it was prove anything one way or the other. More men are wanted than before, both for the Army and the Navy, and at the same time the improved wages of the working classes make men less willing to enlist. The Duke of Devonshire was, therefore, perfectly right in urging that steps should be taken to ascertain the facts by means of an anthropometric survey; but, unfortunately, such a survey is easier to ask for than to organise. Meanwhile we are thrown back on general impressions, and though it is impossible to say whether the race is declining or improving, everybody can clearly see that there are many social reforms which would certainly benefit the race. If all mothers could be freed from factory work, and if their daughters could be better trained in the care of children and in the management of a home, immense progress could be realised. It is only, however, by gradual steps that we can move in this direction, and perhaps for the present the best thing we can do is to abstain from doing mischief by herding little children in barrack nurseries, miscalled schools, where they are separated from their parents and subjected to an increased risk of infectious disease.

The discussion which engendered the foregoing and many other such remarks, commenced by the Bishop of Ripon calling attention to the report of the Departmental Commission on Physical Deterioration, and suggested further inquiry on the subject of infant mortality. The report, he said, did not pretend to be exhaustive, and there were many points still open to further investigation. There was no doubt a falling-off in the birth-rate, and that this falling-off was much more marked in the case of the upper and middle than among the lower and more illiterate classes. If this was true, it was a matter of national and Imperial importance, for this checking of the vigour of the race was not confined to these islands only, but was strongly marked in Australia and Canada. According to the registrar-general's returns, if the birth-rate had continued as it was thirty years ago the population would have been much greater than it was. If this decline went on, how could we hope to hold the vast Colonies and possessions which had come down to us? Was there not, indeed, some strange, sinister meaning in this retardation in both the growth and vigour of our race? While the birth-rate was thus declining, it was all the more important to do everything possible to check infant mortality, which was now assuming large proportions. In spite of all the sanitary and other improvements which had had so much effect on checking mortality generally, infant mortality had not been checked. There were many ways in which, under the existing laws, an improvement could be made. Infant mortality might be checked, and it was all the more important to do so in face of the decrease in the population. Infant mortality always increased as artificial feeding was substituted for natural feeding. An improvement in the milk supply was therefore also a necessity, which was already being provided for in the improved sanitation secured by recent regulations among local authorities. The waste of child-life was one of the most pressing matters of our time.

The Duke of Devonshire also had on the paper a notice to ask his Majesty's Government whether they intend to take any steps to institute an anthropometric survey, with a view to the collection of definite data bearing upon the physical condition of the population, as recommended in the report of the Committee on Physical Deterioration. He had, he said, placed this notice on the paper before the right rev. prelate had put down his, but he was extremely glad that public attention had been called to this report, which was of very great value, and it was much to be regretted that the report had not received the attention which it deserved. It was, however, satisfactory in so far as the committee were able to remove some of the alarming statements which were placed before them. The percentage of

the rejection of recruits for the Army and Navy did not support the belief that progressive deterioration was going on, though the Committee added they were not insensible to much that was grave in the physical deterioration of the people. Though the Committee gave many valuable recommendations, their report throughout contained expressions of opinion that more accurate information was necessary. No one who had studied the subject could doubt that an anthropometric survey was one of these. Such a survey could be made without difficulty or very great expense. It was not merely a question of deterioration which had to be considered, but also of the physical unfitness of a certain portion of the population, an unfitness probably arising from preventable causes. Possibly also there was some confusion arising owing to the loose use of the words "deterioration" and "degeneration," terms which left the impression that things were becoming progressively worse. The fact that no progressive deterioration was going on was not inconsistent with a state of things in which a large portion of the population might be subject to conditions which had always existed, and which had produced a certain amount of unfitness. Careful inquiry might, for instance, show that the physical condition of the slum population of the large cities was actually improving, and yet, owing to the constant migration from the country to the towns, a larger population was now living there under conditions unfavourable to health. Sir W. Taylor, the Director-General of the Army Medical Service, had shown that the idea of progressive physical deterioration had occupied much too prominent a place in men's minds. The Director-General had also shown that it was essential to inquire whether unfitness among certain classes of the population was progressive, stationary, or diminishing. More accurate information might lead to pressure being applied to local authorities who were not doing their duty. He hoped to hear the Government say that the various recommendations of the Committee were receiving their attention and that where measures could now be taken they were being taken.

The Earl of Meath addressed a question to the Government in similar terms to that of the Duke of Devonshire, and, in putting it, he advocated the appointment of an Advisory Council to deal with all the matters contained in the report. Such a Council existed, and was worked with great success in France. The report covered a large number of recommendations affecting several departments, and he hoped that they would be told that those departments were considering, and were possibly acting upon, the recommendations of the Committee's report.

Lord Shuttleworth drew special attention to infant mortality, which, despite a great reduction in the number of cellar dwellings and slums, remained appalling. Amongst the chief causes he included overwork on the part of the mother immediately before and immediately after the birth, and the want of knowledge by the mother as to proper feeding. It was very important that that knowledge should be given early, but the time allowed for the notification of birth—six weeks—prevented early instruction being given, and he desired to know if there was anything in the way of reducing the time for registration. The noble lord mentioned a town where the system was adopted of giving a shilling to the person who first notified a birth to the authorities.

Lord Londonderry, replying on behalf of the Board of Education, said with regard to an anthropometric survey, it had been recommended that every child in school attendance should be measured by a teacher or other officer. That would entail compulsory measurement, which he did not think would commend itself to all parents, and which the Government did not see their way to enforce by legislation. The object of the Board of Education had been to ascertain what could be done by administration without legislation. They would shortly issue instructions for public elementary schools dealing with methods of instruction; they had appointed a special adviser to investigate the best methods for developing rural education; and they had appointed five new women inspectors and a chief woman inspector. Having given other

information as to what the Education Department had done, the noble marquis stated at length what the Home Office were doing, especially with regard to infant mortality and female labour in the factories. Further instructions had been issued to the inspectors, but legislation must take place before all the recommendations could be given effect to.

Lord Kenyon, in replying as to the Local Government Board's action on the recommendation of the Committee, said the Board had carefully considered the report, and had given instructions for the carrying out of all those parts of it which could be done without fresh legislation, while they were also considering the desirability of seeking further powers.

The Earl of Crewe thought the noble lords who had spoken for the Government had shown but scant sympathy with some of the recommendations of the Committee. They had shown an apparent horror of legislation in telling them that so many of the recommendations could not be carried out without it. They had command of the time of both Houses of Parliament, and if fresh legislation was demanded why did they not propose it?

The Marquis of Lansdowne protested against the statement that the Government had received this report without sympathy. It was a mistake to suppose that it was a blue book likely to be pigeon-holed and forgotten, nor would inquiry and investigation cease with its publication. Further information was required on several points before many of the Committee's recommendations could be taken up. Not only were there many facts on which they required to be more assured than at present, but they wished to assure themselves whether some of the remedies prescribed were real remedies, or whether, if so, the patient would take them, and if the public would be ready to pay. They must, he was sure, all be struck with the vastness of the programme put before them by this inter-departmental Committee, and he would not attempt to enumerate the fifty-four subjects on which it had made recommendations. To his mind the question had extended somewhat beyond the scope to which it was originally proposed that the Committee should confine its labours. There was, indeed, a certain amount of mystery as to the instructions under which the Committee set to work. It was not quite clear whether they saw the light in the last moments of the Duke of Devonshire's tenure of office or the first days of Lord Londonderry's presidency of the Council. But, whatever its parentage, the Committee had proved itself a most vigorous bantling, and had pursued its task with a zeal and courage which must command their admiration. There was one thing which would not be disputed, even by the Committee itself, and that was that when it was first appointed it was intended that its deliberations should be the preliminary to a wider inquiry undertaken by a Royal Commission. The Committee was appointed to inquire into the physical condition of the Army, but it grew till it embraced a number of subjects which would afford work, not for one, but half a dozen Royal Commissions. The Government must proceed with a certain amount of caution in carrying out the recommendations, and it was a little hard on the three departments concerned to be told that they should have addressed themselves more vigorously than they had done to all the subjects which it dealt with. As a matter of fact the Education Department, as his noble friend, Lord Londonderry, had said, had not only considered, but acted upon, the ten questions which concerned it. In the same way the Local Government Board was able to show that many of the recommendations affecting that department had already been dealt with as a matter of administration. The Government were not open to the charge of having brushed aside the recommendations. He could assure their lordships that the Government would certainly bear in mind all that the Committee had reported, and that they highly valued the attention which they had drawn to matters so vitally affecting the well-being and prosperity of the country.

The Duke of Devonshire desired to say that he was quite prepared to take the responsibility for the extended reference which was given to the Committee.

Our Physical Culture Competition.

Awards for June.

IN connection with our monthly competition which has now been running with unprecedented success for the past seven months, the judges, in making their awards for June, have a most pleasing report to make. In addition to the fact that the average number of entrants has been well maintained—a happy sign when one considers the time of year—the number of competitors from the Colonies has increased greatly. This in itself is a very healthy sign, but the judges have still further to report that after a very keen contest between two competitors from the far-away Antipodes, the award in the senior class for this month goes to New Zealand, the lucky recipient being Mr. Robert Meechan, of Napier, N.Z. From reports and articles which have appeared from time to time, our readers will have seen what great strides this little Colony of ours has made in recent years in the important matter of Physical Education, and it says much for their enterprise that they should have so many fine examples of physique amongst them, as is proved by the number of competitors they have provided. As will be seen from his photograph, Mr Meechan has obtained a very fine and symmetrical development, and this has been secured purely by following the Sandow System; but let his own words convey the information. He says:—

"I have been a follower of the Sandow System for a few years now, and when the doctor measured me, I got him to sound me as well, and he told me my heart and lungs were exceptionally strong; but I was not always like that, for as a boy I was subject to frequent fainting fits. Now, thanks to the Sandow System, I enjoy the best of health."

Mr. Robert Meechan, New Zealand.
(Winner, over 18.)

In the junior class for those under eighteen years of age, the judges have again found the prize-winner north of the Tweed, in the person of Master W. Paterson, of Dundee, which is another stronghold of Physical Culture. For one so young (Master Paterson has just turned seventeen years of age) the winner this month, who is 5 ft. 3½ in. in height and 10 stone in weight, has done

wonderfully well, for his chest (expanded) measures 40½ in., and all his measurements are in proportion.

There are one or two matters in connection with the competition which it may be as well to refer to here, in order that other would-be entrants may, if necessary, obtain the asked-for information. A correspondent desires to know whether, if unsuccessful in a previous competition, he is at liberty to enter again? Certainly. As we have frequently mentioned, all that an unsuccessful competitor has to do is to fill in a fresh coupon and forward it to us with particulars as to the month the photos were submitted, if they have not already, by request, been returned. Moreover, should he desire it, the judges are always ready to give an unsuccessful competitor advice, so that he may make an endeavour to improve that portion of his physique which is at fault.

Another correspondent, who forwards a coupon properly filled in, but without photographs, wishes to know whether he has to send in another sheet of measurements at the end of four weeks' training, or only the photographs. We fancy our correspondent must be confusing our competition with that instituted recently by a contemporary. If he reads the conditions carefully he will see that only one set of measurements are necessary, and these should be sent with the photographs.

N.B.—Will Mr. H. H. Lowe, of Northwich, and Mr. A. Magraw, of Wigan, please forward their full addresses to the offices of the Magazine?

Master David Paterson
(Winner, under 18.)

A pathetic little scene took place at Eton College on the occasion of the departure of the College Volunteers for their camp on Salisbury Plain.

When the boys were paraded in front of "The Gun," Dr. Warre, who has been honorary colonel of the battalion for many years, came down from the school, stood in the centre of the line, and addressed his Volunteers for the last time.

After exhorting them to try to perfect the tradition of the battalion for smartness in the field, he added with simple pathos: "Boys, I bid you good-bye."

Americans and Fresh Air.

An American lady, writing in the *Daily Telegraph*, gives the following graphic discription of the growth of the fresh air crusade in the United States :--

After having baked themselves with hot-air stoves and furnaces, steamed themselves with sizzling radiators, and broiled themselves with open fires in hermetically-sealed rooms for several generations, American women have suddenly faced about and, with characteristic energy and enthusiasm, have embraced the fresh-air dogma, now being preached by eminent physicians. In the fact that the physicians promulgating it are those who have the largest and most fashionable clientèles lies to a great degree the secret of its popularity. Certain of these eminent doctors of medicine, who are as honest as they are wise, openly announce to their patients, "You do not need drugs, they will only do you harm. You do need fresh air and exercise." The unthinking would conclude that this meant annihilation of practice. Not at all. Every respectable family will have its physician just the same. If he prefers to discourse on the virtues of fresh air to prescribing unpleasant drugs, the patient will find it equally satisfactory. Besides, it has the charm of novelty. To run after the strange gods of the mental healers and other orthodox practitioners involves a mingling with vulgar folk which may be diverting, but is not as comfortable, in the long run, as confining one's self to a high-priced, well-bred, regular medical man, whose doctrines controvert the established order almost as radically as do those of the Christian Scientists, osteopaths, or naturopaths.

So it has come about that fashionable folk, as well as the poverty-stricken who live in squalor in the large cities, are heeding the exhortation to win health and strength by living out of doors as much as possible. Winter playgrounds have been laid out upon the roofs, and long unused windows thrown open with reckless abandon.

One of the most interesting phases of the fresh air movement is the scheme for getting the children of the rich out of doors, even in the city. This was started by a physician whose practice is among the wealthiest families of New York City. A mother complained to him, "My children cannot stand the winters in the city. Whenever we try to keep them here they have colds and all sorts of throat and lung troubles. We have, therefore, to keep them at our country place, and we see so little of them, and that little is attended with the greatest inconvenience."

"Your children would do well enough in the city if they weren't cooped up in the house so much of the time," replied the physician.

"Why I have them taken out every day for a walk or a drive, but they take cold so easily," expostulated the mother.

"Put them on the roof, madam."

"The roof?"

"Yes; you have one, haven't you?"

The father of the children was called into the conference, and the result was that a wooden floor was put over the tin one, the entire space was enclosed with wire netting about 10 ft. high, and across one corner was an awning that could be spread out or drawn back out of the way. Here the children were turned out to play every day, and they have had no colds, no illness of any sort. They never stay in the house on account of inclemency of the weather. Sometimes when it rains hard, they seek the protection of the awning, but at all other times they have only the sky for a covering. On the worst day of the winter they were out for six gleeful hours with the wind blowing a gale and the snow drifting and swirling fiercely about them.

The heavy snow this winter has been a source of the keenest enjoyment to them, giving them an opportunity to build snow men, forts, caves, and houses of unlimited variety. So satisfactory has

been this winter roof scheme that the children have hardly been in the street all the season. This is one of the features of the plan that has commended it most highly to other rich families who dread the dangers of kidnapping, accident, or other mishap incurred in sending their little ones out on the street, either on foot or in carriages, in the charge of hirelings.

The roof playground is therefore being copied by many prominent families, and on the tops of the mansions facing Central Park, New York, the little heirs and heiresses to great fortunes gambol daily with such freedom as hitherto they have enjoyed only in the country.

Sleeping with wide-open windows under the urgent insistence of advanced physicians is growing in favour with all classes. When pneumonia was proving such a scourge in a recent winter, the health commissioner of New York warned the people that its virulence was due in no small degree to the shutting up of sleeping rooms so tightly that no fresh air could be admitted, and no bad air get out. "Let the germs out," he exhorted them, "open your windows and keep them open. Get out of doors all you can, and there will be less pneumonia."

In line with this widespread movement are the various devices for enabling persons who object to opening their windows and letting the house get cold at night, or who are afraid of burglars, to get the full value of the outside air. One of these is a bed with a projecting end that can be put through a window, bringing the head of the person sleeping in it outside while the body remains inside, a curtain of flannel or felt falling from the lower edge of the sash about the body. There is also an awning arrangement that can be placed outside the window. This serves the double purpose of shielding the sleeper from a too strong current of air and of protecting him from the curious gaze of the passer-by.

If the well-to-do are in danger from the lack of fresh air in their spacious homes, it is vitally important that the thousands in the tenements should be aroused to a sense of their danger. In one way, too, their danger is the peril of all, for a great part of the clothing worn by women of fashion is made in these unaired rooms, where one person after another dies, but where the germs of the disease live on. For this reason the subject of getting tubercular patients out of the tenements is arousing the whole community. Some of the wealthiest women in New York have given generously to hospitals, clinics, and individual physicians, to enable them to carry on the fresh-air crusade in the most effective manner. Nurses have been hired, who go about to the worst of the tenements and drag wretched persons from their squalid rooms and get them out on the fire-escapes and roofs in comfortable chairs or hammocks furnished by the rich folk up-town, whose interest has been aroused. This change would not seem great, yet it means as much for a woman to get out of a foul hole, called by courtesy a room, and breathe the outside air of even a tenement neighbourhood, as for a person in a comfortable house to get away to the mountains. It is all relative, and as many of the poor benefit by this slight change as the wealthy, who make the greater and more costly difference in their surroundings.

Stress is no longer laid on climate. The insistence on fresh air has taken its place. That you can have in the city, say the doctors, and it costs you nothing. To many Americans that is not a recommendation. For them the physicians find some other form of persuasion. To women, the effect that it will have upon the complexion, trivial although the argument may appear, is a potent one. The complexions of the women of Great Britain and other European countries have long been the envy and the despair of Americans. The wise doctor assures the young women whose enthusiasm for fresh air he wishes to arouse that the overheated houses in this country have been a great detriment to the acquiring of a good complexion, and that the inhaling of generous quantities of outside air will do for them more than any professional beautifier can possibly do with lotions.

—— Sporting Notes. ——

* * *

Swimming.

On July 30th, Freddy Moses, the popular Ravensbourne Club swimmer, made a most creditable attempt to swim from London Bridge to Gravesend, a distance of 26½ miles, but, after having covered seventeen miles in 4 hrs. 52 mins.—then being about a quarter of a mile below Erith Town Pier—he was brought out of the water, but, it should be mentioned, against his will. The following were his times at the various points of the river:—

	Hour of day. H. M.	Time occupied H. M.
London Bridge (start) ...	1 29 ...	—
Tower Bridge (half mile) ...	1 43 ...	0 14
Thames Tunnel (1½ miles)	2 0 ...	0 31
Commercial Docks (2½ miles)	2 18 ...	0 49
Greenwich Hospital (4 7-8 miles)	3 1 ...	1 32
Blackwall Pier (6½ miles) ...	3 23 ...	1 54
Victoria Docks Entrance (7 miles)	3 30 ...	2 1
Woolwich Ferry (9½ miles)	4 7 ...	2 38
Beckton Gas Works Jetty (11 1-8 miles)	4 30 ...	3 1
Southern Outfall (13 5-8 miles)	5 9 ...	3 40
Erith Town Pier (16 5-8 miles)	6 14 ...	4 45
Quarter-mile beyond (17 miles)	6 12 ...	4 52

* * *

Miss Kellerman made a fine swim from Deal to Ramsgate on August 1st, covering the distance, nine miles, in 2 hrs. 25 mins. She landed on Ramsgate sands, watched by several thousand excited spectators, who gave her an enthusiastic reception.

Mr. C. M. Reyndl, of London, on July 31st, started from Dover to swim to Ramsgate in an attempt to lower the existing record. St. Margaret's Bay was passed after forty-eight minutes' swimming, and Deal (nine miles) was reached in an hour and fifty-two minutes. Owing to cramp Reyndl then had to give up.

* * *

A good swim from Dover to Deal was carried out on July 31st by Miss Kellerman, the Australian, the nine miles being covered in two hours thirty-five minutes. She also tried some cross-current swimming in preparation for her attempt to swim across the Channel.

* * *

Mr. Horace Mew, of Shanklin, successfully essayed the task of swimming from Ryde to Portsmouth on July 27th. The swim occupied six hours.

* * *

An international swimming race of an exceedingly interesting character has been organised to take place this month, and has been entered by most of the well-known Channel swimmers of recent years, including Holbein, Burgess, Weidman, Lafargue, Heaton, Miss Kellerman, Reyndl, and others. The course is on the Seine, right through Paris, starting from Charenton and finishing at Pont de Jour, Auteuil.

Wrestling.

As the outcome of the very unsatisfactory meetings between Alec Munro, the

Scottish champion, and Geo. Strenge, of Berlin, at the Palace Music Hall, Glasgow, a match to a finish under Græco-Roman rules for £50 a-side was arranged for July 29th, the contest taking place at a specially-arranged matinee. There was a full house when the contestants appeared. From the start it was obvious that the Scot was the better man. After the usual preliminary fencing for holds, Munro got behind, but the German extricated himself cleverly, and in turn Strenge became the aggressor. After seven minutes had gone an attempt by the latter to put Munro over ended in disaster, as Munro secured a rolling fall, the time being 7 mins. 35 secs.

* * *

In accordance with previous arrangement, Mr. J. King Morgan, representing Georges Hackenschmidt, and Alec Munro met at the office of the Glasgow *Evening News* recently to consider the preliminaries in connection with a match for £100 a-side in the catch-as-catch-can style. The question of venue was left in abeyance, and in regard to date it was stated, on behalf of the Russian, that his engagements prevented him from fixing any time before October next, and it is possible that the match may take place in that month. Each deposited the sum of £50 to bind a match.

Rowing.

E. W. Howell, the captain of the Eaton College B.C., has had a remarkably successful rowing career while at Eton. Three years in the eight, he has, apart from other less important races, won school pulling three times, he has twice been second in the sculling, and has now won it, after beating the record established by R. V. Powell in 1902 by 40 secs., and he has once rowed in the winning house four.

* * *

The ancient wager for the coat and badge presented by Thomas Doggett, a famous comedian, who lived in the early part of the seventeenth century, was decided on August 1st, over the usual course, from London Bridge to Chelsea, a distance of four and a-quarter miles, the management of the event being in the hands of the Fishmongers' Company. There were six starters, and the order in which they finished were: H. Silvester (Hammersmith), 1; A. T. Moss (Bermondsey), 2; J. H. Peasley (Richmond), 3; R. H. Webb (Woolwich), 4; J. M. Johnson (Christchurch), 5; J. Jones (Bankside), 6. Silvester got best away and led throughout. However, Moss made a very fine race of it and, although at one time several lengths behind, drew up after passing Battersea, and was only beaten by one and a-half lengths, Peasley being twenty lengths behind third, with the others a long way off. The winner's time was 31 mins. 29 secs.

Miscellaneous.

The first day's racing in the eliminating trials to select three boats to represent Great Britain in the international motor-boat race was held off Ryde, Isle of Wight, on August 1st.

Five boats started, but only one—Napier II., owned by Mr. Lionel de Rothschild and the Hon. John Scott-Montague—completed the course. Napier II. was adjudged the winner, making the thirty-five knots in 1 hr. 47 secs.

The other boats all got into difficulties early in the race, and the second and third places will be competed for again.

Before the eliminating trial there was a race for bona-fide cruisers, which was won by Mr. Miall Green's Hummono.

* * *

William Buckler, of Newport, Mon., on August 1st, entered on the task of making an attack upon his existing record of 2,000 miles, which he accomplished in 1,000 consecutive hours at Leeds this year. In order to be successful, Buckler will be required to cover 2 miles 50 yards each hour. This trial of endurance was commenced at the ardwick Athletic Grounds, Manchester.

Notes of the Week.

* * *

At the annual conference of the British Medical Association, held at Leicester, the causes of physical deterioration were discussed.

Dr. Dawson Williams, who introduced the question, said there was no doubt evidence of physical deterioration in children at various ages from infancy to early manhood. This was mainly noticeable in the children of the working classes, and some authorities attributed it to bad housing, overcrowding, and general squalor, intemperance and unsuitable feeding. There was also evidence that mothers who worked right up to the time of their confinement gave birth to infants who weighed less than the infants of mothers who did not so work. It would be interesting to know whether, if regulations were enforced to prevent women working before the birth of the child, it would be the means of depriving her of obtaining adequate food. Intemperance in the father had a more injurious effect on the infant than intemperance in the mother. They had made remarkable progress in public health reforms, and had removed a horrible condition of things in certain industrial districts, but they must not blind themselves to the fact that there was still a condition of things in regard to public health which acted injuriously on children. At the same time he did not think they were in a position to express an opinion as to the real cause of physical deterioration. All that they knew was that children born in poor districts weighed less and were smaller in stature when they grew up than the children born in better-class districts.

Dr. Hall, of Leeds, said he had studied the question of physical deterioration for some years. They had heard of many so-called causes, but really did they hear that the deterioration of the poor was due to their poverty. Fifty years ago the slum mother was soberer, cleanlier and more domesticated than she was to-day. All this had been done away with by our wonderful advance in civilisation. We had produced an elaborate educational system, costing us 20 millions a year, which had swept all the poor man's children into the school, and where his family was large—and certain people told them there must be no limit in that direction—he was unable single-handed to provide for them. Formerly the mother stayed at home, but now it often became necessay for her to leave the fireside to work for her family. The result of this was that children had not provided for them the most nutritious food, but, on the contrary, were too often fed on garbage—stale food, well-seasoned with condiments, such as pickles, etc. He, therefore, came to the conclusion that city life and overcrowding were the two principal causes of our physical deterioration. Remove these evils, and there would be less physical deterioration.

Dr. W. D. Spanton, Hanley, considered that physical deterioration was due very largely to the fashion of the age; a life of pleasure was the root of all evil. Life to-day was too full of excitement, too full of leisure, too full of pleasure, and there was too much hurry. They had, in fact, too much of everything except honest work for its own sake. They heard a good deal nowadays about the dignity of labour, but so far as he was able to discover those who advocated work so strongly were the first to adopt some method which would enable them to live without it. What they wanted to do was to go back to a simpler life—to-day they were too artificial. What applied to the poor applied to the rich—they all wanted to go back to a natural life.

Mrs. Dickenson Berry, M.D. (London), was of opinion that children were not so much underfed as improperly fed.

Dr. T. H. Rutherford said, in considering this question they must not minimise the serious bearing alcoholism had upon it. One speaker seemed to grudge the 20 millions spent on education, but surely that was a small sum compared with the 70 millions spent for defensive and offensive purposes, and education was more important than either of these. But to revert to alcoholism, 160 millions were spent every year in intoxicating drink. That was a very serious thing for the industrial classes, who had not that amount to spend on food. Dr. Rutherford proceeded to advocate the appointment of a Minister of Public Health, with Cabinet rank.

The Chairman, in closing the discussion, said after a large experience he had come to the conclusion that physical deterioration did not exist up to the age of 13, but from 13 to 18 the development was not kept up. This he attributed to smoking and drinking. The development of children up to the age of 13 had improved. This he thought was due to the cheapness of good, wholesome food. Increase the cost of food and they would do a great deal of harm. The housewife would not be given more money to meet the increase in the cost, and that would mean that the family would get less good and wholesome food than they could at present obtain.

Healthy Exercise.

A visitor to Cardiff was struck by the healthy appearance of the many children he met in the streets. He was much impressed. Physical drill is a great feature in all the Cardiff schools for girls as well as boys, while Nature-study takes the scholars into the open air.

A "Simple Life" Enthusiast.

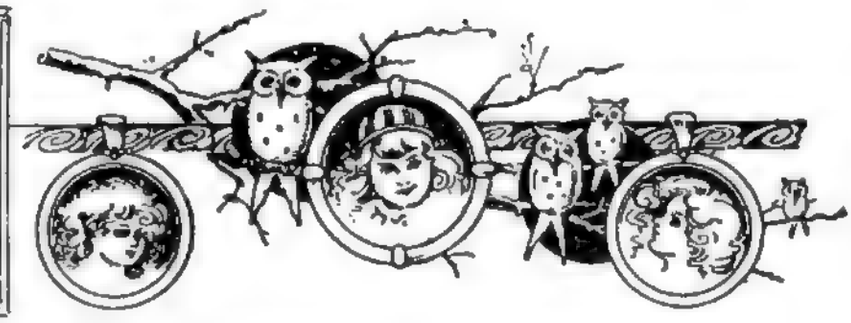
A too sincere follower of the "Simple Life" has been arrested at Lucerne owing to the complaints of tourists who, having met him while making excursions with their families in the country, have been scandalised by the excessively simple nature of his summer costume.

The individual, who is stated to be a German nobleman, has been in the habit during the recent hot weather of wandering about the beautiful lanes and woods of the Brunnlochwald garbed in a small pair of bathing drawers. All other clothes he has discarded as quite unnecessary.

Owing to repeated complaints the Lucerne police two days ago set off in search of the offender, who was found reclining innocent of any clothing on a mossy bank in a secluded forest dell.

When asked to explain his extraordinary behaviour, he said, "I have been ordered to take sun-baths for the good of my health."

Food and .. Physique. ..



It would almost seem that athletic records are only set up by meat-eaters in order that they may be knocked down by vegetarians. Last year Mr. George Allen knocked seven days off the walking record from Land's End to John o' Groats, and now Mr. G. A. Olley has lowered the unpaced cycling record over the same route by eleven hours. He is, of course, not satisfied, for he scheduled himself to beat the previous best by twice as much. Yet it is a feat that is likely to remain unequalled for some time to come. Strict training is indispensable to these severe athletic feats, and a most important part of that training depends upon diet. It is not true that diet is everything, but it is so much that these repeated victories by vegetarians are the best advertisement that the cause has. The Grand Challenge has not yet been won by a vegetarian crew, or even the Diamonds by a graminivorous sculler. But it certainly seems that the physically active man whose digestion is equal to it keeps himself in best condition without tasting meat. How much intellectual vegetarians like Mr. George Bernard Shaw owe to the things they eat or do not eat is a question that will take longer to thresh out. At any rate, the day has gone by when vegetarianism was looked upon as mild but fairly certain form of suicide. Thus says *The Daily News*.

On this subject of food and physique it is interesting to recall the example of the great American millionaire, Mr. Horace Fletcher, of whom Clutha Clyde says:—

"Good health is his hobby. His mind runs upon it all day. Yet he is very far from being a fretful valetudinarian, a crank, or a bore. He is the healthiest, fittest-looking man of fifty-five imaginable. To have tried to improve his complexion would be 'foolish and ridiculous excess.' Sandow might be proud of him as a finished pupil.

"The millionaire is known in New York as the 'man with the educated stomach.' He has several homes on earth, including a palace on the Venetian Canal, which he loves best. He has written several books on his pet theme, and is known to the best doctors in London. His books have been read by the King. But the man is greater than his books.

"His tastes are simple: that is, in the matter of what he eats and drinks. He spends lavishly on everything (including cigars) except food. The butler in a West-end family where he was visiting described Mr. Fletcher as 'the gentleman who eats so little and enjoys it so much.'"

"Ten years ago," said the simple millionaire, "I was ten years older, if a man is never any older or any younger than he feels. I weighed fifteen stone and could not run ten yards without going short of wind. Insurance companies refused me a 'first-class life' on account of three organic diseases. I had money, but money cannot buy health. I determined to cure myself. For twenty-five years I had bolted my food in great quantities, always being an excellent trencherman. Some form of mal-nutrition was killing me. I would bolt my food no longer.

"At this juncture I read how the late W. E. Gladstone chewed every mouthful of meat seventy-five times, and I thought I could do worse than imitate that great Englishman. The effect was

not instantaneous, but in three months' time the glow of returning health was unmistakeable. My tastes were simplying, my appetite moderating, and my weight diminishing. Within a twelvemonth I went to the same insurance doctors. They all gave me the first-class life they had denied me, and were amazed at my change for the better.

"What was once self-denial is really self-indulgence now. As far as food is concerned, I get along beautifully on sixpence per day, and am a positive simple-diet epicure, eating only what I like, when I like, as much, or rather as little as I like. To a skilled muncher the delights of a raisin or an almond are indescribable. By slow chewing all the various properties are discovered and appreciated. A potato is a luxury, a bean a beanfeast."

Incidentally Mr. Fletcher mentioned that he never felt tired; four hours' sleep sufficed for him; he kept his typewriter by his bedside and ticked off thousands of words in the morning before other people got up; as often as not he forgot about eating for almost a round of the clock. He did not believe in regular meals, preferring to eat or drink only when he felt healthily hungry or thirsty. "I am now fifty-five and feel thirty." There was no "too old at forty" about him.

When in New York he made an interesting philanthropic experiment with his dietetic creed by gathering a score or so of drunken loafers into a home and imposing the condition that they should munch, munch, munch their food, and receive from him a little present of money when returned upon the world. To the inmates it was a great moral and physical contest for days, but after three months they were all new men. One came back after he had got his money and said: "I cannot understand it. I can go without liquor as long as a camel. Don't want beer no longer." Munching, added the simple millionaire, makes gluttony and drunkenness impossible, by rectifying the abnormally bodily condition.

Whether it be flesh, fish, fowl, or "good red-herring," it is all the same. Chew each morsel till it is thoroughly papified, and the throat, acting like a filter, will soon learn to put the food back, if it is not quite ready for digestion. So argues Mr. Fletcher, contending that the grand panacea for all human ills is the painstaking mastication of food.

Even water, whisky, wine, or any liquid, should also be chewed; swallowed in tiny sips and slowly passed along the tongue, whereby, in his view, the true joys of drinking are discovered and moderation absolutely guaranteed. By way of illustration he sipped a "Benedictine," taking twenty minutes, and frequently stopping to descant upon the delights of scientific bibulation.

"Try my system," says the simple millionaire. "Try it for three months. You will be another man."

Growth of Plants and Children.

Mr. Burbank, the famous grower of marvellous plants at San Francisco, declares that children are infinitely more responsive to their environment than plants and trees, and the failure to recognise the spiritual element in the environing conditions of children has been fatal to success in dealing with them. Mr. Burbank adds: "Dr. Barnardo is demonstrating that infinitely more can be done with children than I am doing with the plants."

And Editorial Chat.

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on the opposite page.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

E. M. COHEN (KIMBERLEY).—No, decidedly not. The contradiction of such argument has frequently been made by me, and the reason for it fully stated. The only effect is to round off the muscles.

E. C. GRAHAM (EDINBURGH).—It is almost impossible to answer your enquiry in print. It is the "happy medium"—neither too fast nor too slow—which should be aimed at. The pace, too, varies in different movements.

T. CUERDEN (OLDHAM).—What you ask for is not to be obtained except under special circumstances which are too lengthy to detail.

W. JAMES (ABERCYNON).—I think, under the circumstances, the best thing you can do is to take a course of postal instruction. Your case is far too intricate to deal with in the short space at my disposal here. Write to me at 17 and 18, Basinghall-street, E.C.

A. J. PARSONS (BIRMINGHAM).—Will answer you as fully as possible in another issue.

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Vol. XV.

OF

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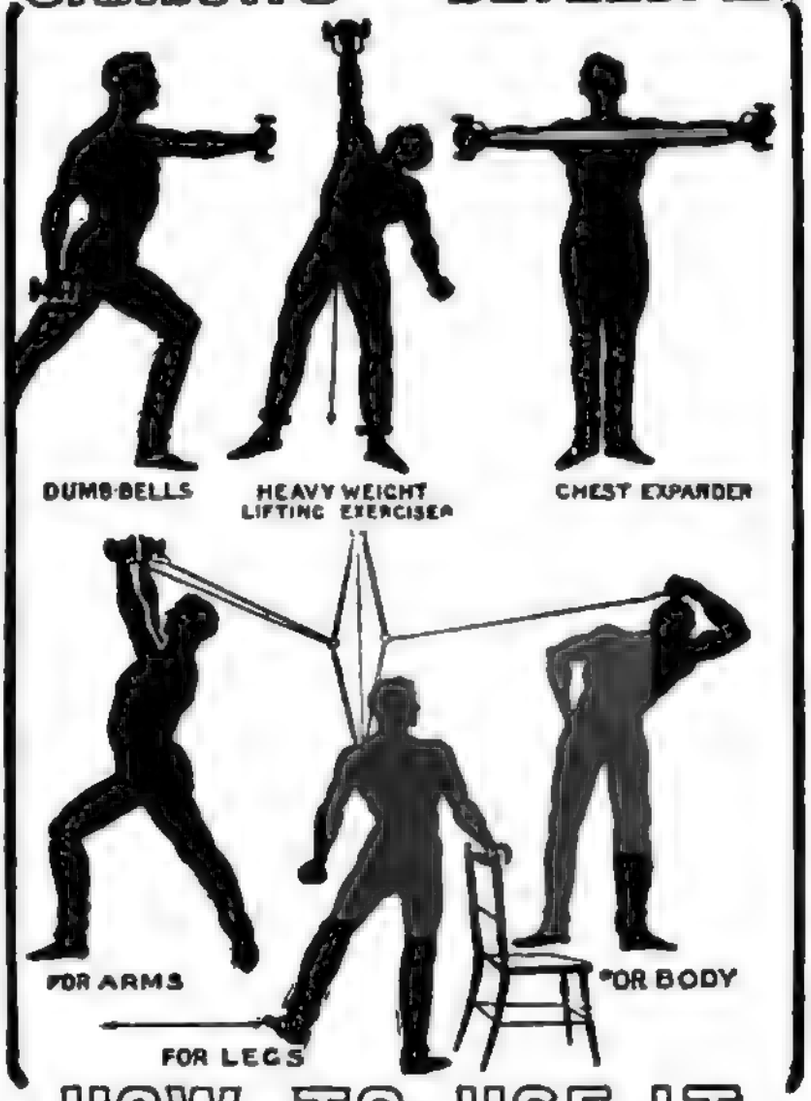

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Sandow's Magazine Physical Culture Competition.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.

(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.

(3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos will be returned unless a stamped addressed envelope is enclosed.

(5) The right is reserved to publish any of the photos submitted for competition.

(6) **No winner in a previous competition is eligible.**

(7) The coupon on another page stands good until the last day of the month, and the awards will be announced in another issue.

(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

Our Ladies' Pages.

The fair sex of Roumania are at war with the educational authorities of that country, in consequence of an order which has been issued decreeing that girls attending the public schools must not wear corsets. As education is compulsory, the order practically means the total abandonment of this article of dress, and whilst the educational authorities remain firm "the enemy" have gathered to their ranks a large number of manufacturers and tradespeople interested in the make and sale of corsets.

The order has been in vogue sufficient time to allow of the publication of statistics as to its effect upon health, and, as the results are declared to be beneficial, the authorities have ordered that all directors of private educational establishments must prevent the wearing of corsets by their pupils. A great discussion has been started now, since the new decision affects the children of the wealthy class, who regard the corset as being essential to the production of a good figure.—*Answers*. (Bravo, Roumania!—Ed. *S. M.*).

* * *

Writing in *The World's Work and Play*, Mrs. Roger Watts, who claims to be the only lady teacher of Ju-Jitsu, has an interesting article on the science of Japanese wrestling as a means of exercise and self-defence for the fair sex, in which, whilst praising it as a fascinating game, a grand physical training, and a means of self-defence, she shows that the claims made for it in other directions are exaggerated. For instance, she says one is assured that the art has no disadvantages, that its power is so great that a weak woman can defend herself against a strong man. "Has it not been demonstrated," she says, "that when a strong man lies on the ground and allows his legs to be twisted back from the knee, any woman, however weak, can cause him excruciating pain? That is so, but in the case of a real attack you will have to get your man down first, and given a man of, say, thirteen stone and a woman of eight or nine, this would be a very difficult if not an impossible feat unless the woman had had two or three years' hard training in Ju-Jitsu, which would have given her the necessary *strength*, to use in conjunction with the quickness and suppleness that come from the constant practice of the art. It is claimed that strength is not needed, but this is not true. Strength *is* needed, but strength so controlled that it may be used at the right moment and not wasted in useless struggle. To acquire such supple strength as this would mean years of hard training—a great disadvantage, and one which will deter many from taking it up, for even given the

wish and the strength of purpose to persevere, few would ever be able to devote so much time to its study."

* * *

"There is quite enough convincing proof of the grand results of even a moderate training in Ju-Jitsu to allow of absolute honesty when arguing the question of its pros and cons. In fencing there are many different attacks and parries, several of which, though possibly excellent exercise in themselves, have long fallen into disuse in real fights owing to their complication, which needs too long a preparation to enable the strokes to be delivered with any certainty, and long experience has shown that simple attacks or parries delivered with lightning rapidity are the only ones on which to rely. It is the same with Ju-Jitsu. There are many most interesting exercises in attack and defence which are most effective when performed by two who know their parts, but which, to use the words of one of the Japanese teachers, are 'only for show, no good in real use.'"

* * *

Mrs. Watts considers there is much to say in favour of Ju-Jitsu as a grand physical exercise, more still as a fascinating and exciting game, and much (in spite of its faults) as a real means of self-defence for women, always provided they have had the patience to devote at least a couple of years to its study—and even then it will mean much hard work and many despairing moments before the goal is reached. As a physical exercise it is superb; as a game it is almost unequalled; and as a training for the simultaneous use of brain and body it stands alone. Its benefit to children is immense; their little bodies lend themselves readily to quick, lithe movement, and they understand the game quite as quickly as the average adult.

* * *

"There are three distinct branches of Ju-Jitsu, and any single one may be taken up without necessarily touching on the other two. There is the physical training, which involves being thrown as well as learning how to throw; the exercises in self-defence against certain attacks; and, finally, the trick work of rendering unconscious and dislocating limbs. Needless to say, the children are never taught the third branch."

Samson Redivivus.

* * *

On Monday last a distinct novelty was introduced into the programme at the Bedford Palace of Varieties, Camden Town, in the shape of a "turn" by Sascha, who styles himself the "hirsute gladiator." We have had many phases of weight-lifting, but this is the first time we have seen the manipulation of heavy weights by means of the hair of the head. Sascha, who is a German, 32 years of age, and scaling 10 st. 5 lbs., has a marvellous head of hair, and by means of combs, with which he attaches his various weights up to something like 100 lbs. each, he goes through a number of clever evolutions both on the stage and on a swinging trapeze. The turn is well worth seeing.

SPORTING PATENTS.

This list of Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, of Jessel Chambers, 88 Chancery Lane, London, W.C., Registered Patent Agent (by Examination), from whom all information relating to Patents may be had on application :—

Applications for Patents July 17th-22nd, 1905 :—

14676. W. W. and H. T. Watts and K. G. D. Browne, London. Flying target.
14683. E. H. M. Nicholson, London. Appliance for directing the aim of golf clubs, croquet mallets and other game implements.
14742. S. Allcock and Co., Ltd., and A. Williams, Redditch. Fishing lead.
14748. S. Allcock and Co., Ltd., and A. Williams, Redditch. Knuckle joint for fishing net handles, etc.
14802. M. Tweedie, London. Striking implements used in playing ball games.
14832. R. Royston, Liverpool. Small arm guns.
14835. R. J. Wilkinson, Manchester. Golf balls.
14929. G. H. Anderson, Edinburgh. Metal golf ball. (Complete Specification.)
15051. J. Ascott, London. Combined dining and billiard table. (Complete Specification.)

Specifications Published July 27th, 1905 :—

18824 of 1904. P. T. Godsal, Whitchurch. Breech-loading fire-arms.
19638 of 1904. J. H. Thonger, Uxbridge. Carrier for artificial flies used for angling, also applicable as a stand for exhibiting and keeping such flies.
20408 of 1904. R. Wheatley, junr., Birmingham. Clips for holding artificial flies.
22184 of 1904. W. L. Purves, Wimbledon. Method of uniting the shafts and heads of golf clubs.
22332 of 1904. P. E. Droop, Germany. Tennis and other balls.
28053 of 1904. G. Müller, Berlin. Physical exerciser.

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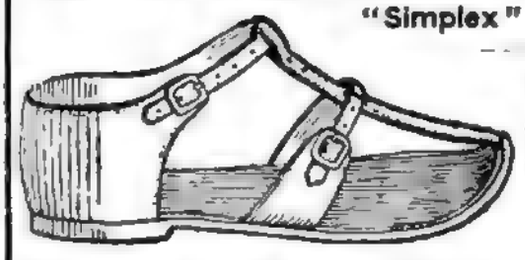

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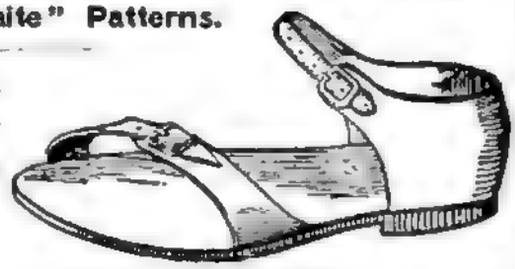

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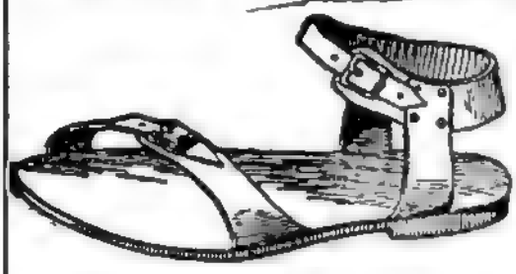

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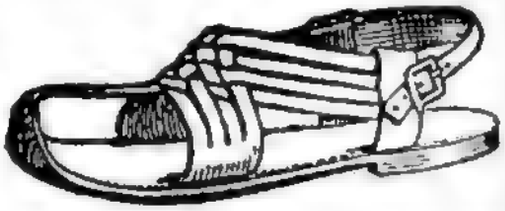

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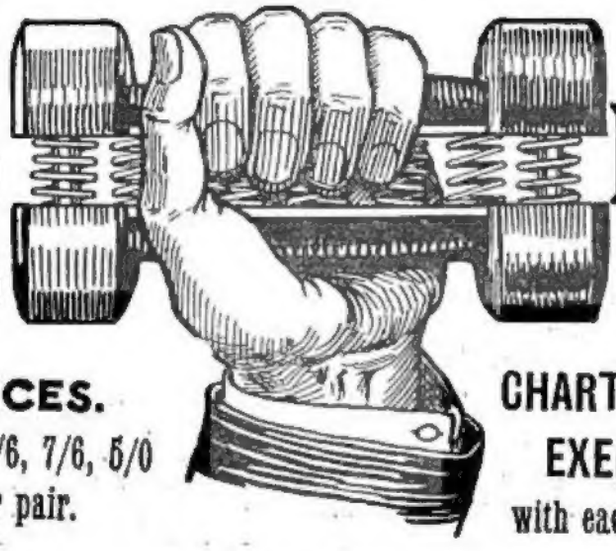

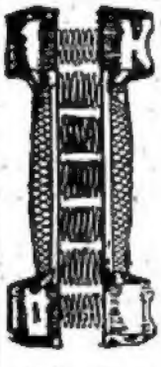

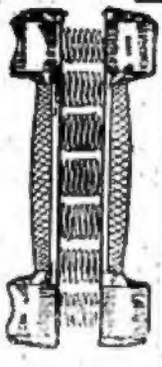

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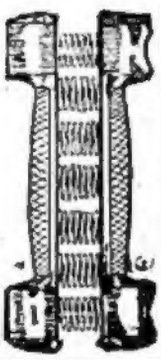

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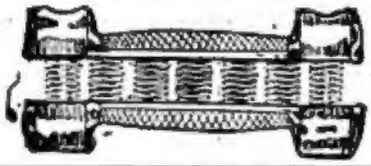

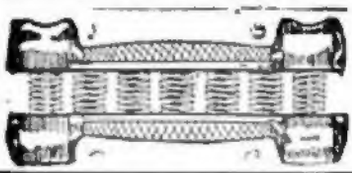

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